

**Amendments to the Claims:**

This listing of claims will replace all prior versions, and listings, of claims in the application:

1-9. (cancelled)

10. (currently amended) A system for generating and displaying a single, composite nutritional indicator for a serving of a multiple ingredient recipe, the recipe being supplied by the user of the system, said system comprising:

a user interface for receiving from the user the identity and amount of the ingredients of the recipe and serving size information;

a database containing nutritional data for common recipe ingredients including the recipe ingredients identified by the user, the nutritional data comprising plural nutritional parameters for each ingredient;

a processor for calculating the single, composite nutritional indicator for a serving of the recipe from the user information and the database data, the single, composite nutritional indicator being based on the plural nutritional parameters for each ingredient; and

a display field for displaying the calculated composite nutritional indicator for a serving of the recipe.

11. (cancelled)

12. (cancelled)

13. (currently amended) The system according to claim 10 ~~42~~, wherein the user interface further includes individual nutritional indicator display fields operable to display the plural nutritional parameters ~~nutritional indicators~~ associated with each ingredient of the recipe.

14. (currently amended) The system according to claim 10 ~~42~~, wherein the user interface further includes selectable indicia operable to be selected to include or remove the ingredients of the recipe.

15. (original) The system according to claim 10, wherein the user interface includes a selectable list of the ingredients associated with at least one of a food manufacturer and a restaurant.

16. (original) The system according to claim 10, further comprising a second database operable to maintain a history of consumption of the multiple ingredient recipes and associated single, composite nutritional indicators.